

## Responsibility: Proving you can be trusted with what's expected of you.

### PARENTING WITH RESPONSIBILITY

#### The Trust Factor

As teens and adolescents, our kids spend a lot of their gaining independence from us, and that is certainly an exercise in trust. Can you trust your child? Can you trust those with whom they interact?

Building up responsibility as a way to gain trust will help you in a couple of ways. First, making responsibility about one's character instead of simply one's duties changes the narrative. Second, focusing on how responsibility builds trust allows for conversation around many topics, including expectations as well as hopes for future independence and additional responsibilities.

### CONVERSATIONS ABOUT RESPONSIBILITY:

#### For parent reflection:

- How do you establish trust with people? How do you establish trust with your child?
- How do your children see you follow through on your own responsibilities?

#### Following Through

As a parent of teens, I know right now is a terribly difficult time to enforce responsibility. There is so much uncertainty that teens are feeling in the world, and motivation is very low.

So how do you encourage responsibility, even when your child doesn't feel like doing anything? Well, the first thing is to talk about it. What things are motivating? What makes them feel stuck? Second, help them set a new horizon. If what they were working for now doesn't exist currently (sports, theatre, choir, time with friends, travel), what can they set their eyes on in the future? How can you visually represent that in a way that can help motivate them to be responsible now so that they can have what they want later (hopefully soon!)?

#### With your child:

- When are you responsible?
- When do you struggle with motivation?
- How does responsibility show your character? How is it more than just carrying out duties?
- Why is motivation important?

# RESPONSIBILITY

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## Showing you can be trusted with what is expected of you

### WEEK ONE: Responsibility = ?

Many times we equate responsibility with preparedness. While that can be true, responsibility goes deeper and is an issue of trust and influence. What will you do with the responsibility you have? How can you earn more?

*FOCUS: Power and responsibility*

### WEEK TWO: When no one is watching

Responsibility means following through and being reliable. It means you do what you say you are going to do, to the best of your ability, without taking shortcuts or "cheating" when no one is watching.

*FOCUS: Being reliable even if no one is watching.*

### WEEK THREE: When others are watching

Responsibility means realizing that other people are looking up to you and seeing you as a role model. Who in your life is looking up to you? What would you want them to say about you? And how can you BE that person right now?

*FOCUS: What does a good role model DO?*

### WEEK FOUR: Healthy digital habits

Staying true to who you are in a digital world is a challenge in 2021. Digital responsibility includes staying in a healthy balance (i.e., not being on screens all day), using kind words with others – even on screens, and not allowing yourself to be consumed with "what I should be..." (i.e., social comparison) on social media.

*FOCUS: Healthy digital habits.*